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Lyam Thomas Christopher

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Bioelectricity

How to Increase Your Electric Charge



Before our current era of civilization, myth has it that there was a peaceful paradise somewhere in the Himalayan Mountains.¹ Gods and mortals lived together in a blissful green valley. The secret of their bliss, as the story goes, was a

magical drink derived from a p  447 |  6 | ... is now lost in time.

Supposedly, alchemists crushed this mysterious plant between stones and blended it with milk to produce a marvelous ambrosia.

One of the oldest religious texts in the world, the Rig Veda, refers to this drink as *soma*, a magic potion derived from the heart of a mountain. Ancient sages considered *soma* a revitalizing tonic. They called it the “destroyer of weakness” and the elixir of immortality. As a medicine, *soma* supposedly served as a kind of panacea. As a daily supplement, it served as the foundation for the perfection of mind and body.

Other parts of the Vedas say that *soma* could be found in smaller amounts in all forms of plants², as well as in the water of mountain rivers. Especially in Himalayan rivers. It was not always encountered as a physical substance. It was also encountered as a subtle dream-world substance. It was considered the ethereal fuel for “the fire of Agni.”³ The fuel for the metabolism of the entire world. Soma was a veritable “blood of the gods.”

“This fire burns of and through itself, everywhere, incessantly, without consuming any matter...”

— Marguerite Porete

Note the apparent discrepancies here. Why can’t the ancient sages make up their minds? Was *soma* derived from a plant or from a mountain? Was it a physical substance or a spiritual substance? The answer, as we will see, is all of the above.

There really does seem to have been a “valley of the gods” deep in the past, although it never had any humans in it. Fifty million years ago, there was a tropical paradise that got swallowed up by mountains. It existed between present-day India and the rest of the Asian continent. As the landmasses of India and Asia came together, the mountains on both edges of these landmasses collided, slowly crushing a lush lowland jungle between them, eventually trapping a billion tons of vegetation inside one single ever-scrunching, ever-growing mountain range.⁴

Today, we know about this titanic geological upheaval as the Himalayas. These are the highest mountains in the world, and they are still growing. The enormous pressure resulting from the collision of two of Earth’s tectonic plates pushes these mountains

upward, as well as squeezes the dead plant matter trapped inside them. To this day, if you know where to look, you can find 50-million-year-old “compost” oozing out of cracks in the mountainside.

The result is a viscous substance called *shilajit* — from the Sanskrit *śilājatu*, meaning “mountain tar.” Sometimes referred to as “the blood of the mountain,” it looks like tar, but it’s really a sticky resin that hardens once it gets exposed to the high-altitude Himalayan air.⁵ Villagers in India and Pakistan risk their lives, climbing high up on sheer rock faces to harvest *shilajit* as a gunky, chunky substance. They then bring it back to their local apothecary who crushes it and purifies it into a medicinal powder. People most often dissolve the powder into milk or water to consume it.

Shilajit sounds remarkably like the *soma* mentioned in the Rig Veda, wouldn’t you say?



Shilajit before and after extraction and purification

Are the tonic properties of this substance just a myth? What does this “mountain tar” do for human health? Scientists have analyzed it into its micronutrients—eighty or so different trace minerals, as well as antioxidants, polyphenols, triterpenes, etc.—but the true value of *shilajit* apparently comes from the carbon redox molecules in it.⁶ These molecules enhance your body’s ability to maintain a strong electric charge. Yes, your body is, among other things, a living, breathing battery, and *shilajit* strengthens the body’s ability to keep that battery powered up.

The kind of electricity we are talking about here is not just the energy of the human nervous system, which merely dances on the surface of your life experience. There is a much deeper, more pervasive form of electricity, not so obvious. Beneath your sensing,

thinking apparatus lies the foundational system of the body. This “secret fire of the ancients” hums silently inside every human cell, not just in your noisy, more obvious nerve cells.

Think of the word “cell” literally for a moment here. Beneath your bodily sensations, you’ve got a globally pervasive matrix of interconnected, electrically charged *compartments*. The positive and negative charges maintained in these compartments serve as the foundation of *all* your body’s vital systems. More than that, their subtle electricity is connected to a vast matrix of communication that hums inside all forms of life on Earth. It hums as the static electricity in air, water, and soil. Its primary power source is the Sun, and lightning is its most dramatic manifestation. That Hollywood adaptation of *Frankenstein* was correct about something. The secret for “bestowing animation upon lifeless matter”⁷ involves electricity.

How a Battery Works

To understand the human body as a battery, it’s best to look at a simplified version of a battery first. Most factory-built batteries consist essentially of two parts — the anode and the cathode — separated by an electrolyte solution.

The electrolyte solution reacts chemically with both the anode and the cathode. It causes the atoms in the cathode to *lose* electrons, and it causes atoms in the anode to *accumulate* electrons. As you probably know from high school chemistry class, electrons are capable of rapidly jumping from one atom to the next, provided there is a potential for them to do so. In other words, electrons are able to flow as a current, and electric current is just one of the ways we experience electricity.

Electrons tend to repel each other, so if they accumulate in one chunk of matter, they will try to spread out and flow into other areas where they are less numerous. There's a catch, though. In order to flow they need a special kind of substance — a conductor — which allows electrons to zip from one atom to the next at near the speed of light. Copper is a good example of a conductor.

The electrolyte solution in a battery is not formulated as a conductor. It's most often a paste-like substance that acts as an insulator. It keeps electrons from flowing, which means that the electrons continue to accumulate in the anode where they can't go anywhere. They are trapped. As the battery's chemical reaction produces more

electrons in the anode, the “pressure” between the electrons builds up. Or rather, their negative electric charge builds up. These electrons become desperate to be released, and they will try to flow into any material that has less of a negative charge than where they are.

When we connect a copper wire from the anode of a battery to the cathode, suddenly the electrons have an escape route. They zip through the wire from one end of the battery to the other. From the negatively charged anode to the positively charged cathode.

This can be a bad thing, though, because a direct connection through a wire is normally referred to as a “short circuit.” A copper wire offers very little resistance, and the electrons flow through it so easily that the battery gushes forth too much energy all at once. Not only does this cause the battery to lose its power too quickly, but also, the electric flow can be so strong that it melts the wire — that is, unless of course we resist the flow by making the electrons slow down and do some kind of work for us. For example, we can force them to flow through an incandescent lightbulb where some of their energy is converted into light and some to heat. Your body does this too. Yes, that’s right. Your body not only produces heat, but it also glows with light, ever so slightly.⁸ Kind of like a lightbulb.

Eventually, the chemicals in the battery finish reacting with each other, and they no longer cause a buildup of electrons. The potential for flow diminishes. It’s usually then that we replace the battery. Unless, of course, the battery is rechargeable, in which case we can introduce an electric current and reverse the chemical reaction, converting the materials back to their original state. Or at least pretty close to their original state. No substance is perfect — and therefore, no battery, not even a rechargeable one, can live forever.

The Body as a Living Battery

Is the body like this? Yes, but in a more complicated way. We needn’t go into too much detail here. The most important thing to know is that the electric charge your body builds up has to do with its ability to *contain* that charge. To keep it from flowing. To build up electrons in the right places and keep them from short-circuiting and ebbing away too quickly.

To do this, your body must be able to keep its negatively charged fluids sealed off from its positively charged ones. If the negative and positive charges cannot be contained and put to work sparingly, your body short-circuits, and your life force ebbs away faster than your metabolism can recharge it. In this respect, it is the soundness of the separating membranes in your body that holds the key to your vitality. This means that your ability to *restrict* electricity is more important than the electric flow itself.⁹

Following are various membranes that your body maintains so that your electric charge (your life force) can remain strong:

- Cell membranes
- The intestinal lining
- Blood-vessel walls
- The alveoli in the lungs
- Kidney tubules
- Mitochondrial membranes
- Lymph membranes
- The blood-brain barrier
- The myelin sheath around nerve-cell fibers

Why Is This Electric Charge Important?

We don't know everything about this yet, nor is it likely we will ever completely fathom the mystery of electromagnetism. However, there's one important function to consider: waterflow. Electric fields exert a telekinetic influence on water. Yes, that's right. Telekinesis is quite real, and it is happening right now inside your body. In fact, you would die instantly if it wasn't there.

Telekinesis: static electricity affecting water flow

There are two important kinds of water movement driven by your body's electric charge: osmosis and blood flow.

Osmosis: This is probably a word you've heard in chemistry or in biology class. Quite simply, it's the tendency of water to sift through a membrane as it flows between two compartments. This waterflow appears to happen magically, simply because the two compartments are next to each other. The magical force that drives osmosis, of course, is static electricity. The stronger the difference in electric charge between the two compartments, the stronger the force exerted on the fluid.

Osmosis is important for cell respiration and detoxification. It's how cells are able to absorb nutrients (in water) and expel wastes (in water) through their outer membranes. The average healthy cell maintains an electric potential of 0.07 volts. That might not seem like much, but your body has over a trillion cells, which means the its total voltage potential is truly off the chart. Beyond that of a lightning bolt!

However, not all of your cells are healthy enough to keep themselves charged up. Sometimes a cell's outer membrane becomes damaged, and it short-circuits. The cell's voltage potential bleeds away. This is really bad because it means that the cell's ability to move water — to absorb fuel and to detoxify itself — has almost completely shut off. The cell stagnates and begins to starve.

Similar to a cell, your entire body has its own “outer” membrane, which also uses osmosis. This membrane takes several different forms. Skin, sinuses, lungs, and

kidneys are examples of membrane systems designed to absorb and excrete water.

The most studied version of an absorbing and excreting membrane occurs in your gut. The interior lining of your intestines is a super-thin barrier between the insides of your body and the outside world. The strength of its static-electric field determines how well you absorb nutrients from your food and how well you expel waste from your body. If the intestinal lining is damaged, then your ability to maintain a difference of electric charge between the inside and the outside of the intestinal canal is weak, and your whole body won't be able to absorb and expel water as efficiently. In the past thirty years, this condition — known as “leaky gut” — has become a major health crisis for people all over the world, though not many physicians are taking it seriously yet.¹⁰

This is why chronically ill people often can't seem to detoxify. Even when they eat healthy, detoxifying foods (such as organic leafy greens), the electric charge all over their bodies has already become too weak for them to glean much benefit. If the body's membranes cannot contain negative and positive charges, the body won't be able to absorb and expel enough water. It won't be able to absorb enough helpful nutrients or expel enough toxins. Likewise, money spent on vitamin and mineral supplements ends up mostly wasted, unless the body's overall electric charge has been restored.

And of course, this means that the true cure for chronic diseases isn't just vitamins, minerals, and exercise. Fundamentally, it requires a restoration of the body's ability to charge itself up *and to stay charged up* so that it can maintain a healthy flow of fluids. There are ways to do this.

Blood Flow: You might want to take a moment to visualize the millions of capillaries in your body's extremities. Especially the areas farthest away from the heart. In your fingers and toes, for example. There's electricity at work in these areas. You can actually feel it, moment by moment.

Capillaries are so incredibly small, so incredibly narrow, that your blood cells sometimes have to slip through them in single file. Now imagine your heart trying to push blood through all those millions of microscopic tubes. It can be hard enough for your finger to exert enough pressure on a single squirt gun. Imagine the resistance your heart faces, pushing blood through a billion microscopic squirt guns. The amount of force required to push blood through your extremities would be astronomical. Your

circulatory system would burst like a water balloon if your heart were capable of exerting that much pressure.

It might seem counterintuitive, but your body relies more on electric charge for its blood flow than it relies on the heart.¹¹ Once you realize this, the main cause of high blood pressure becomes more obvious. It's not just a result of stress or poor diet. Or stiff arteries. Fundamentally, it's a result of not enough static electricity!

How does this work? As you will recall from health class, arteries carry blood away from the heart, and veins bring it back. As your blood cells travel away from your heart and lungs, they carry a negative electric charge (thanks to the air in your lungs). As they travel out to the fingers and toes, they shed their electrons, and this tends to make the *arteries* negatively charged. By the time your blood cells reach your veins and head back to the heart, they have shed their electrons. This means that the walls of your *veins* tend to be positively charged. The charge differential between your veins and your arteries helps your blood to flow.¹² In other words, blood flow results less from the pumping action of the heart than it does from...telekinesis.

If your arteries and veins have become damaged by chronic inflammation (by excessive carbohydrate and trans-fat consumption), they cannot adequately hold on to their electric charge. This happens with Type 2 diabetics. The reason diabetics sometimes have to get their feet amputated is because their bodies cannot maintain a strong enough charge to allow blood to flow through areas that are the greatest distance from the heart. And of course, when the blood stagnates, tissue dies, and gangrene sets in. The toes literally begin to rot.

The health of all of the membranes in your body appears to be related. If the membranes in your gut are leaky, then the blood-brain barrier also tends to have similar defects. If your cell membranes are damaged, your lymph membranes also tend to have problems. In short, the entire body's ability to maintain an electric charge occurs globally. A strong electric charge maintained in one system tends to be paralleled by a strong electric charge in others.¹³

Symptoms of a problem with all of your body's membranes is usually evident, first, in the lining of the intestines. If you have indigestion issues — such as gut pain and foul-

smelling, discolored stool — that can be the first sign of your body's battery capacity in decline.

"All disease begins in the gut."

—Hippocrates

Redox Molecules to the Rescue

How does the body maintain its battery function? Your body's ability to monitor and repair its various membranes relies on a special kind of molecule: the carbon redox molecule. And this molecule, lately, has been in short supply in civilization's food supply.

Carbon redox molecules provide your cells with the means for communicating with each other. If a cell's membrane is too damaged for it to absorb fuel and expel wastes, the cell will begin to emit redox molecules. This release is essentially a distress signal, and it alerts not only the cell itself but also the surrounding cells. First of all, the redox molecules trigger the cell itself to auto-destruct. Second, they signal the immune system to swoop in and clean up what's left of the dead cell. And finally, they signal the neighboring healthier cells (or sometimes stem cells) to reproduce and fill in the gap.¹⁴

It's important that a damaged cell be able to commit suicide if it needs to (a process known as *apoptosis*). If it doesn't, it will starve for nutrients and be forced to resort to sugar fermentation in order to produce energy. Once fermentation begins, the cell mutates. It loses all communication with the rest of the body, and it begins to reproduce like crazy. It becomes a cancer cell. What this means, of course, is that a dysfunction in the communication system of the cells appears to be the root cause of cancer. And that carbon redox molecules provide the medium for that communication. If your body doesn't have an ample supply — and variety — of these signaling molecules, then it is more likely to develop cancer. Not only cancer, but all the other chronic diseases.

It should become obvious, then, that our cells need to have an abundant supply of redox molecules. That's how they communicate with each other. That's how they heal the body and maintain all of its membranes. And that's how they help you maintain your electric charge. Some of these redox molecules are created by the body itself, but most of them are created by bacteria. Having a healthy variety of bacteria — and the

right balance of bacteria — in your colon is very helpful in this regard. But still, that's not enough. We also need to ingest a greater variety of carbon redox molecules from the environment. From our food, water, and air. And most importantly, from healthy soil.

Carbon redox molecules are organic, but they are not alive in a biological sense. They don't die. They keep accumulating in healthy soil, and they remain there for millions of years. This is why *shilajit* is such a powerful tonic. It's a concentrated source of these molecules.

Carbon redox molecules can be found in healthy soil and in natural bodies of water. But this doesn't mean that you have to run out right now and drink water out of a lake. Humans, of course, have been polluting Earth's waterways industrially for over a hundred years now, so in most heavily populated areas, natural water sources are no longer an option. What you can do, however, is ingest carbon redox molecules from *ancient* sources. From soil that formed long before humans began polluting their environments. Hence the value of *Shilajit*. This "blood of the mountain" is extremely rich in redox molecules, and ingesting it regularly restores your body's ability to heal quickly, to maintain all of its various membranes, and of course, to maintain a strong electric charge.

Why Aren't We Getting Enough Redox Molecules?

Our ancestors used to get an ample supply of these molecules, but today we don't get enough. There are two main reasons for this: (1) We are afraid of dirt and (2) we are killing the bacteria in our farmland soil.

Our ancestors used to drink water straight out of rivers and lakes. What do we drink out of today? Concrete reservoirs. Plastic bottles containing sterilized, "purified" water. Water pipes filled with dead, chlorine-infused water.

What's so special about the water in our natural rivers and lakes? Simple. Compost. At the bottom of a river, you will find dead plant matter. More specifically, you'll find bacteria there, breaking down the dead plants. As the bacteria break down dead stuff, they produce carbon redox molecules.

Yes, these molecules are the result of death and decay, of course. But don't worry. When you ingest them, you're not really eating rotten vegetables and animal poop. Over many years, the bacteria in healthy compost break waste down so thoroughly that it gets completely transformed into something else. Completely recycled. Purified.

As you can see, the bacteria in the natural world are not our enemy. They are essential to our wellbeing. It is they who create *soma*. It is they who make the secret fire of bioelectricity possible.

Bacteria break down dead plants and create redox molecules in soil. Living plants drink up these molecules. Animals then absorb them from the plants they eat, as well as from the other animals they eat, the water they drink, and the air they breathe. The molecules proliferate in natural lakes and rivers where plants and animals continue to drink them up. Redox molecules are especially concentrated in *healthy* soil. And even more so in compressed prehistoric soil deposits that have been composting for millions of years — as occurs in the Himalayas.

Unfortunately, much of the bacteria in our farmland soils has been killed, thanks to an herbicide called glyphosate. Glyphosate is the active ingredient in the popular weed-killer RoundUp, and it is sprayed extensively on genetically engineered crops: corn, wheat, soy, sugarcane, and potatoes.

Glyphosate is water-soluble. As you may have noticed, water is essential to osmosis, and osmosis is essential to all forms of life on Earth. Since glyphosate dissolves in water, it proliferates throughout water in the entire ecosystem. It even exists in water *vapor*, which means you can inhale glyphosate from the very air you breathe.¹⁵

Glyphosate kills not only weeds but also destroys the bacteria in the soil. Which means it destroys healthy topsoil, turning it into little more than sand and dust. The top soil then washes away into our lakes and rivers, and from our rivers it spews into the oceans, where the glyphosate disrupts the balance of bacteria and algae there. When you eat non-organic wheat, soy, corn, potatoes, or sugar, you are eating glyphosate. Glyphosate permeates your entire body because your body, as you know, is mostly water. It gradually kills the bacteria in your intestines. Worse yet, it kills the mitochondria inside your cells.¹⁶

The developers of glyphosate work for the same corporation who helped create the atom bomb in World War 2 and Agent Orange in the Vietnam War.¹⁷ These scientists have determined that glyphosate is “harmless” to humans. However, they have failed to note that an essential part of the human genome isn’t really human.

The mitochondria in your cells today are the descendants of ancient bacteria. They are your body’s primary means of burning fuel to produce electric energy. Mitochondria have a different genome than that of humans, and therefore, our mitochondria, as an ancient form of bacteria, are vulnerable to glyphosate.

Yes, glyphosate kills your body’s mitochondria. It kills your body’s ability to make energy. It diminishes your life force. That line of cars you see wrapped around Starbucks every morning is a line of human beings with sick, damaged mitochondria, seeking a caffeine pick-me-up because their energy has become deadened. “Why am I so tired all the time,” they ask themselves as they wait in line. The answer they come up with, usually, is “Stress” or “Working too hard.” But that’s not really it.

Shamans in the amazon have commented on this problem. They can sense that the Western anthropologists who visit them are low in “goddess energy.” When the researchers ask what they mean by this, the shamans simply reply, “You know, goddess energy. The magical power you inherit from your mother. All people inherit the power to produce the secret fire of magic. Some have it more than others.”¹⁸

As it turns out, we get our mitochondria from our mothers. The father’s sperm does not contribute any of these ancient energy-producing bacteria to us. In essence, Amazon shamans were able to sense that the electric charge of most civilized humans is weak because the ability to generate that charge, inherited from our mothers, is sick.

Glyphosate not only kills your intestinal bacteria and your mitochondria, but it also damages your gut lining. So not only does it destroy your body’s energy-production ability and your gut bacteria’s ability to produce redox molecules, but it also destroys the very membranes that are capable of storing static electricity. Is it any wonder now that almost half of all people alive today are forecasted to receive a cancer diagnosis in their lifetimes?¹⁹

“The natural healing force within each of us is the greatest force in getting well.”

“Healing is a matter of time, but it is sometimes also a matter of opportunity.”

— Hippocrates

What Does It Feel Like When Your Voltage Potential Is Low?

Most obviously, a weakened electric charge makes you feel crabby. The body itches, your motivation is low, and you experience subtle aches and pains. You feel dirty or “toxic,” and you might become obsessed with cleanliness or with protecting yourself from germs. You become addicted to coffee and energy drinks. You experience low sex drive or problems with sexual performance. You may have a low sperm count or damaged sperm, or you may suffer from frequent miscarriages. You tend to suffer from anxiety, feelings of “powerlessness,” and panic attacks. You may experience nose bleeds.

You may even begin to lose your sense of identity — a subtle clue that your body is losing the integrity of its membranes, and its ability to generate its own unique “aura,” or its own unique electromagnetic field. As you worry about your disintegrating sense of self, you cling to some kind of racial, ethnic, or political classification. Identity politics becomes an obsession. You may even lose your sense of gender identity and resort to drastic means in order to re-create it. Does any of this sound familiar?

A health problem characterized by an electric charge that is bleeding away is known in Chinese medicine as “wind.” Your body has a natural “wind” energy, which involves an electric current used sparingly and appropriately. But with “wind” as an illness, your electric charge is bleeding away uselessly. You may even feel it as an uncomfortable tingling and tightness at the top of the head. You experience chronic headaches. You get colds often. Your eyes become dry, irritated, and bloodshot. You might even experience sudden electric shocks or involuntary muscle twitches.²⁰

The solution becomes obvious, doesn’t it? (1) Avoid foods contaminated with glyphosate and (2) get an ample supply of redox molecules. Well, actually there’s more to it than that. Your bioelectric energy system can be strengthened in many ways.

How to Restore the Battery

Eat Certified Organic Foods: The main point of organic food is to avoid glyphosate and antibiotics. Glyphosate gets sprayed on crops that are fed not only to humans but also

to farm animals, so organic meat is also a must. In the United States, the certification requirements for an “organic” label are very strict, so the contamination with herbicides, pesticides, and antibiotics is almost non-existent in these foods.

Avoid Low-Quality Fats: Low-quality fats are extracted with industrial chemicals. They are cheap to produce, and they have a long shelf life. However, they are highly oxidative. They do a lot of damage, gradually, to your cell membranes and the walls of your veins and arteries. They are also, most likely, contaminated with glyphosate. These fats include soybean oil, corn oil, cotton seed oil, and canola oil.²¹

In addition, you should avoid trans-fats. The manufacturing of trans fats has only recently been outlawed in the U.S. However, the government has given the makers of processed foods several years to come up with alternatives. This means that these fats are still out there in French fries, potato chips, salad dressings, etc. Anything “hydrogenated” or “partially hydrogenated” is a trans fat. The best example of a trans fat is vegetable shortening. The kind that remains solid and pasty white even in the palm of your hand. Trans fats have been industrially modified to become more similar to plastic than actual fat, so it takes your body years to detoxify itself of them. In the meantime, they plague you with chronic inflammation.²²

Healthy fats include lard, bacon fat, butter, duck fat, virgin coconut oil, olive oil (if it’s fresh), avocado oil, and palm oil. All from organic sources, of course. For many years, some of these natural, more expensive forms of fat were considered unhealthy, but that designation was an economic decision, not a scientific one.²³

Eat Vegetables Grown in Healthy Soil: Eating the actual bacteria to restore your intestinal flora, as it turns out, doesn’t work very well. Scientists are only just beginning to figure out what types of bacteria — and in what ratios — make a human body healthy. They don’t really know what types of bacteria will restore your intestinal flora to the right balance. Therefore, the best way to increase your gut flora is not *probiotics* but *prebiotics*. Probiotics put bacteria in your gut, but these bacteria are only our scientists’ best guess about which species are truly useful to us. Prebiotics, on the other hand, feed the bacteria that are already there, allowing them to populate your gut in their natural ratios.

These prebiotics provide the raw material for the production of many helpful substances. Redox molecules being the most important. The best prebiotics are leafy greens and root vegetables. Meat and healthy forms of fat also provide food for the most healthy balance of bacteria.

Avoid vegetables that are grown hydroponically. These vegetables are grown in water, not soil, so they aren't absorbing very many redox molecules.

Sugar (and sugary fruit) is also a prebiotic, but it doesn't help as much. It tends to bring the gut flora out of balance. For one thing, sugar encourages fungus (*candida*) to grow to a population size and proportion that is not healthy.

Avoid Alcohol: Alcohol, as you know, kills germs. Therefore, it tends to kill your gut flora. It also damages your gut lining. It is possible that alcohol, in small amounts, has some benefit to the body, but mainly as an irritating form of fuel that stimulates your system to become resistant to many other types of poison. The amount of alcohol found in some forms of kombucha tea does not appear to exceed the amount of alcohol our prehistoric ancestors would have encountered in nature (in fermented foods) — so beverages with very low alcoholic content (less than 3 percent) may be okay, on occasion.

Shilajit: Obviously, it would be helpful to go straight to the source and get redox molecules right out of healthy soil. This doesn't mean you should eat handfuls of dirt, however. It's best to ingest redox molecules that have been properly extracted from that dirt. Plants do an excellent job of this extraction, and *shilajit* is an excellent example redox molecules that have been extracted by plants and deposited in a fossilized form. True *shilajit* can be quite expensive, but not to worry. There are other products extracted from ancient soil, and they offer the same benefit...

Fulvic and Humic Acid: Shilajit, above all else, is rich in fulvic and humic acids. Fulvic acid, in particular, delivers a hefty dose of redox molecules. If you search for the words "fulvic" and "humic" online right now, you will most likely see that these substances are used to restore farmland soil. Keep in mind that your gut is essentially a plant's root system that has evolved over millions of years into the "root system" for an animal's body. Some of the same substances that restore the health of a plant's roots apparently

restore the health of the villi in your intestines — as well as all the other absorbing and excreting membranes throughout your entire body.

Smell Healthy Soil: Simply by digging in the dirt, you are spraying millions of bacteria into the air and inhaling them. From your nasal cavity, they trickle down into your stomach and eventually end up in your colon where your wholesome diet and lifestyle maintains them in a healthy balance. To expose yourself to helpful bacteria, you can tend a garden regularly in your back yard, or you can simply take care of plants in your home. And of course, when you're out in the forest, stoop down, scoop up a small handful of soil, and smell it. There's apparently a reason why healthy soil smells good to us.

Avoid Antibiotics: Doctors are very quick to prescribe antibiotics for almost any health conditions. Be wary of this practice. Do research. Most antibiotics kill almost all the bacteria in your intestines, and it can take weeks to restore a healthy balance. Sometimes, a course of antibiotics can lead to a lifetime of chronic health problems, simply because the patient never manages to restore his or her gut-flora diversity to healthy proportions.

Love Your Pets: Humans share their gut flora with their pets. If you are in decent health, do not be afraid to adore, stroke, and kiss your pets.

Humans also share gut flora with each other. There's a theory about kissing which suggests that we have evolved to enjoy it so much because it helps us share our bacteria with the people we love. A shared gut-flora composition between people will produce more harmonious relationships among your partner and family members — thanks to the neurotransmitters and other signaling molecules that bacteria produce for our bodies to use in the human nervous system. Kissing may very well get people more in-synch with each other, both mentally and emotionally — thanks to the bacteria we share with them.

Vitamins A, D, and E: These are all vitamins that specifically help your body maintain its electrically resistant membranes.

How to Charge Up the Battery

Cold Exposure: Your mitochondria are the energy factories that burn fat and sugar to produce your body's electric charge. There are numerous ways to stimulate your mitochondria to increase in number. Perhaps the best way to do this is to expose yourself to cold. When you take a cold bath or a cold shower for several minutes, you stress out your mitochondria. In the cold, they need to work hard to produce more energy, keeping your body at its standard 97.5 degrees. In particular, exposure to cold produces a different kind of mitochondria. These mitochondria have a gold or brownish color, and they are capable of directly generating heat in your body fat.

They are so effective at generating heat that you can survive perfectly well in near-freezing temperatures without wearing any clothes. People who repeatedly expose themselves to the cold will rapidly build up their "brown fat" and become increasingly resistant to cold. Sometimes in a matter of days. On the other hand, people who are not used to the cold can easily die of exposure, even in temperatures as mild as 45 degrees Fahrenheit.

Regular Exercise: This one should be obvious. Any form of strenuous exertion will require energy production, which will stimulate your mitochondria to increase in number so they can meet the apparent demand. One of the most effective forms of exercise in this regard is high-intensity interval training (HIIT).

A Healthy Ketogenic Diet: The mitochondria are capable of burning fat for fuel, but the standard diet all over the world, thanks to agriculture, is based on carbohydrates: grains, starches, and sugar. Your mitochondria prefer to burn the most toxic kinds of fuel first in order to get rid of them quickly. They burn alcohol first and sugar second. Once these dangerous forms of fuel are out of the way, the mitochondria settle down to burn fat, the cleanest, healthiest source of an animal's energy. A diet rich in healthy fats *and extremely low in carbs* will keep your mitochondria healthy.

Do not attempt a ketogenic diet until you fully understand how it works. For more information on this diet, see articles #3 and #4 in [Forbidden Realms](#).

Breathe Less: The stresses of a modern lifestyle have us breathing too much while sitting still. This drives down the amount of carbon dioxide in our cells. Carbon dioxide helps the body maintain water in an electrically charged state. Your body tries to maintain a concentration of CO₂ over 180 times greater than the CO₂ in Earth's atmosphere.

Yes, CO₂ is not merely a "waste" gas. It is essential to life. Breathing less helps you maintain a higher concentration of it in the cells, which not only makes cell respiration more efficient but also helps the water become more acid and more alkaline, as needed. This helps your body function better as a battery, helping it drive osmosis and blood flow. For more about breathing less, see articles #1 and #2 in [Forbidden Realms](#).

Sun Exposure: Many people know that your skin is actually capable of photosynthesis. Photosynthesis literally means "creating nutrients from light." Not only does your body create Vitamin D3 from sunlight, as many people know, but it also creates sulfate molecules. These combine with cholesterol to coat the various membranes of your body. Cholesterol sulfates are essential to the body's battery function.

Consume Sulfur-Rich Foods: cabbage, broccoli, cauliflower, Brussels sprouts, onions, radishes, garlic, beef liver, turkey, and [more](#). These foods give your skin the raw material it needs to make sulfate molecules from sunlight.

Heat Exposure: Many people think that spending time in a sauna "sweats toxins out" of your body. That's only partially true. The real detox effect comes from the infrared energy (heat) which tends to create structured water in and around your cells.

Structured water (also known as EZ water) is actually a liquid crystal form of water (!). It's even got a different molecular structure (not H₂O but H₃O₂), and it's important to your body's battery capabilities. All forms of light energy tend to transform ordinary water into structured water, but infrared and near infrared light does so most effectively.

Red Light Therapy: Red light occupies a wavelength closest to infrared, and it also creates structured water. Red light therapy is available at some gyms and tanning salons, and it is now being used in hospitals to help injuries heal faster. You can also buy fairly inexpensive red-light devices for home use.

Drink Structured Water: Why are some natural springs reputed to have healing properties? Scientists who tend to see everything in terms of materialism assume it has something to do with the spring water's mineral content. However, it is more likely much simpler than that. Spring water is electrically charged.

Spring water is usually structured water. As it flows over hydrophilic surfaces — like the quartz crystals in rocks, for example — it transforms into structured water. It transforms from H₂O to H₃O₂. Structured water exists in a gel form, consisting of a matrix of separated negatively and positively charged zones. It is a liquid crystal.

You can easily tell whether water in a natural spring is structured. Structured water fluoresces. It absorbs light and re-emits it in a beautiful turquoise glow. If the water is deep enough, you can easily spot that glow. Apparently, this color is beautiful and inviting to us because structured water is very healthy. We absorb electrons from it merely by bathing in it. We paint the lining of our swimming pools with this inviting turquoise color, even though the water in our swimming pools has very little structured water.

Your body prefers to absorb structured water more than ordinary bulk water, but it is doubtful that bottled spring water has remained structured — thanks to the “purification” process that we put it through. And not all of us have a natural spring nearby, from which we can drink. There's a simple hack for this, however. You can put a spoonful of chia seeds into a bottle of water (water without chlorine or fluoride in it, of course!). The seeds offer a hydrophylic surface. Shake the water and put it in the

refrigerator. When water gets close to freezing, it is better able to absorb infrared radiation to become structured.

This may seem counterintuitive, but cold water is better able to form into its liquid crystal form when it remains cold while continuing to absorb light or heat (infrared light). Infrared energy is constantly present, of course, otherwise we would all be frozen solid. So water can become structured, even inside your dark refrigerator — especially when you give it a hydrophilic surface which acts as a catalyst. Hold up the bottle to the light. You can actually see the structured (gel) water forming around the seeds.

Studies have shown that water infused with chia seeds is far more hydrating than ordinary water.

Earthing: The ground beneath us has a continuous negative charge, especially when it's saturated with water. Earth accumulates electrons very much like an anode, thanks to the insulating effect of the atmosphere and the tendency of flowing water to accumulate electrons when it interacts with air, heat, and sunlight. Most humans never touch the Earth, preferring instead to insulate themselves from it by wearing rubber-soled shoes. When you walk barefoot on the grass, your body drinks in the Earth's negative electric charge. If you don't do this, your body can still generate its own charge, but of course, it has to work harder to do so.

Air Ionizers: Your body also absorbs a significant amount of electricity from the air. The ancient Taoists were very fond of living on mountainsides where lots of waterfalls and clouds saturated the air with electricity. As it turns out, the interaction of air, water, and sunlight tends to produce negative ions. This is one reason why going to the beach is so soothing. According to the Taoists, the wind blowing on the water produces energy in the air, which you can then absorb through your nasal canals.

This appears to be true. Splashing water and windblown ocean waves produce negative ions in the air, and these negative ions help clouds to form. Studies have shown that living and working in air that is rich with these ions (electrically charged molecules) has life-sustaining functions. But don't worry. You don't need to install a waterfall in your house. You can purchase air ionizers to keep the air in your home electrically charged.

In the next article, we will explore the essential function of electricity out in the environment. In the earth, water, and air. And even in outer space. We'll also explore the spiritual nature of static electricity and note its connection to the strange powers that mystics sometimes develop.

Stay tuned!

Biohacking

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